

UNIFORMS IN HIGH SCHOOL

Herald Readers Present Their Views

Banish the French Heels

Dear Editor: Have thought many times what a good thing it would be to have some uniform standards of dress adopted for our high school, so am very glad to have an opportunity of expressing myself on the question through the columns of your paper.

I have one daughter in high school and have great difficulty in making her see that simple things are far more suitable than the faddy, expensive things that so many of the girls wear.

Although my husband draws a good salary the money goes so fast that one can hardly see the tail feathers on the eagle as they fly by. We are trying to give our daughter a musical education and she is making rapid progress but nevertheless, she wishes to give up her music so she can have more money for clothes.

Many a girl doesn't attend school parties because she has nothing decent to wear—in comparison with the beautiful things some of the other girls wear. We realize that the social life of a high school is important so why wouldn't simple and inexpensive dress be the proper thing for school parties, then the poor girl who is really just as attractive will have the same chance to develop her personality as the one whose father has a large bank account.

For school wear in fall and spring middy suits are suitable, for winter a serge dress made on simple lines with a medium neck. Would ban georgette blouses, silk hose and dresses, and French heels.

Am sure that if some such uniform standards were in use competition along the lines of scholarship rather than dress would be the popular thing.

A MOTHER.

He Doesn't Blame 'Em, But—

Dear Editor: I read your Comment and Discomment nearly every issue, and you have written one in your issue of the 5th inst. that interests me very much.

I haven't any children going to school this year as my daughter finished the ninth grade a year ago. I wished that she would have gone on through but I could not afford to keep her in school and furnish her with the clothes she wished. I talked to her and told her that it was no shame for a girl to go to high school in plain, clean clothes, and told her how the children in my school days used to dress; but the answer would always be: "But father, it's different now. Everyone else wears fancy clothes, and clothes seem to count so much with the other girls. If you can wear clothes that are as good as their own or go them one better in style, you seem to be queen of the girls. And if you are not just so, it won't take long before you know that they have noticed your dress." She told me of different girls and what kind of clothes they wear and I know their fathers are wage earners and can't afford it any more than I can. I would not force my

daughter to school under these conditions, although I have wished many and many times that she could have kept on with her school work, as she seemed to be a bright pupil and always had good grades. Had she been the only child I more than likely would have furnished her with finer things. But as I have two more that are nearing school age, I must look ahead for their future, as they will have to have good clothing. So I feel it is up to me to "Work and Save."

It would be an act of kindness if the young girls of the high school who have parents who can afford fancy clothes for them not to wear them to school, but wear something less expensive. It would give the poorer girl a chance to feel that she was equal to them at least in dress at school and it's a fact that there would be many more girls finishing high school.

Why not set a rule that these fancy clothes are not to be worn at school, and give the poorer girl a chance for an education. You can't blame a young girl for not wanting to attend school if she can't wear just as good clothes as some of the others wear. And many a father and mother are depriving themselves of things they need to furnish their children with the fancy clothing needed for school wear.

AN ALLIANCE FATHER.

Uniforms Are Dignified

Dear Editor: Will you please print this letter in connection with the discussion about high school dress?

There is nothing which adds more to the dignity or impressiveness of any body of people than uniform dress. Take a company of soldiers, for instance, or even a "brass band." What makes them easy to look upon? The uniforms.

Now, I say, let the high school have one set uniform for the girls and one for the boys, with the understanding that the school board will furnish them for those who cannot afford them. This will undoubtedly include the teachers. These uniforms should have the following characteristics: broad toes and low, flat heels, high collars and long sleeves, with long trousers for the boys and skirts of ankle length for the girls. Then there will be no distinction in dress, and the poor student will appear to just as good advantage as the well-to-do student.

Away with high heeled shoes and georgette waists. The school room is no place for such.

I am sure that every right-minded citizen of Alliance will endorse my views.

Thank you.

MRS. BUTTINSKY.

To the Editor of The Herald: The parents of high school girls try to dress their daughters in the way custom demands, which often makes it difficult for some parents with the high cost of living and a growing family.

It would be well if the school board required an inexpensive uniform to be worn, which would relieve the sensitive girl, whose parents are in moderate circumstances, of the longing for the expensive clothes some of the other girls wear, sometimes causing her to quit school when she could have advanced so rapidly, and would be beneficial to the tired mother with so many cares and other children ready to enter high school. The mother, who is ever ready to offer self denial and better clothes which she is entitled to, but with a desire to have Mary dress as well as the other girls, she denies herself and family comforts, sews late at night, impairing her health where if the uniform was required to be worn more of the father's income could be used for other comforts.

Your boy and girl and my boy and girl would appreciate us more if we taught them self denial in childhood, rather than to leave them to be taught by the world without sympathy. Knowledge obtained through difficulties is retained longest and the one winning laurels in high school and college is not usually the one with the most beautiful clothes and plenty of spending money. It is often the boy or girl with a clear mind, clean body, ambitious and willing to work hard to attain their goal.

We were ever ready and willing to do our part in the recent war to help our soldiers. How much more important it is for us to help and guide the coming generation, who will take our places when we have passed on, and who can gladly say: "We saw them pass by for they tried to make us better men and women."

A MOTHER.

Editor of Alliance Herald.—Dear Sir: This controversy interests me very much from the standpoint of the physician.

Last fall the sixteen-year-old daughter of a prominent townsman was brought to my attention in an extremely nervous condition. Such diet and medicine as I could prescribe availed little. Nervous prostration was feared. High school grades which were below passing had caused some of the worry, of course. But for an attractive, fine looking capable young lady of sixteen to worry herself into nervous prostration was very unusual. By chatting with her when she came to the office, I finally gained her confidence. She confessed unhappiness and later admitted the cause. She thought herself shabbily clothed. Everyone in the "crowd" had a new suit but "herself." Her blouses were "home-made," but most terrible of all—her hat was "trimmed over." Her grievance was against her mother who thought the dress of her "crowd" too extravagant for their income. No argument as to my opinion of the perfect suitability of her dress proved of any avail.

Surely uniform dress for young girls who should be devoting their hours to their studies and development, rather than the useless worries of keeping up appearances which come only too soon in the lives of men and women would be a good solution for this perverted instinct.

A PHYSICIAN.

Editor of The Alliance Herald.—Dear Sir: What does a high school girl have to live for if she can't even feel "classy" in her clothes. The way they stick the Latin tests and efficiency grinds on us is a caution, but without some break of a new dress or a good looking blouse that "is different" what would life be? Then wherever one would go they would know you weren't out of high school and the fellows won't look at girls no out of high school yet.

FLOSSIE.

Editor of The Alliance Herald.—Dear Sir: Several of my fellow instructors have been discussing with me the problem of uniform dress, which you have taken up in The Herald.

And we have been inclined to believe that in these days of social unrest, such restrictions could never be successfully worked out.

The year-old baby girl will say "pitty deess" before she can say "drink." It is an instinct of the feminine mind which could not be arrested.

Girls seem to thrive on the stimulus of planning their clothes and uniform dress would take this natural pleasure from them. I believe they need this development under proper guidance in order to be tasty dressers when older.

A TEACHER.

Editor of Alliance Herald.—Dear Sir: I think this uniform dress idea about as silly and ridiculous as anything I ever heard.

In our store we don't dare to buy two dresses alike, because people don't care to meet themselves coming down the street. Imagine the plump short figure of Alice garbed in a dress fashioned exactly like the one lean, lank Bertha is wearing. It makes Bertha look less like a bean pole, but imagine how like a pillow with a string tied around it poor little fat Alice will look.

A girl's happiness is made or marred by her appearance and each one needs a different setting. No, I can't see it at all.

A CLERK.

Work is the best cure for workers' unrest.

Spring Millinery



New Delightful Spring Styles for wear just now.

Spring is here, if one is to judge by the unmistakable signs of its arrival, in our Millinery Department.

Looking about we will see delightful Chic Spring Hats that combine straw with Satin, in a hundred or more different ways.

These are large dressy hats in many colors; the plain black hats, hats trimmed with flowers and hundreds others.

Horace Bogue Store

Millinery Department,
—Second Floor—



Physical Culture for February, 1920.

How Does Chiropractic Differ from Other Methods

Chiropractic is unique and distinct from every other method. No simon pure Chiropractor uses a single method or movement taught in any other school. The principle was discovered by a layman and its science, art, and philosophy developed not only without the aid of any other profession but in spite of their utmost effort to prevent. It stands squarely on its own merits, scorning every device or method which would serve to conceal its wonderful efficiency. While its philosophy can be easily understood, the science and art can only be acquired in a reputable resident school. For this reason it cannot be taught by mail. A good baseball fan, one understanding all the rules and regulations of the game, may not be able to catch, toss or bat a ball, and so it is with Chiropractic: There are some very essential facts which can be only learned by experience, while the art of adjusting can only be learned by practice under a most efficient instructor and then it comes slowly, requiring much intelligent, painstaking effort.

Chiropractic can be distinguished from massage by the sureness with which the exact vertebra is adjusted. While the masseur rubs, kneads and massages the entire body, the Chiropractor does not rub, knead or massage at all; he gives but a single quick thrust, and confines his effort to the spine.

In the same way Chiropractic can be distinguished from Osteopathy. The Osteopath manipulates the muscles, bones and ligaments of the entire body, while the Chiropractor confines himself to the segments of the spinal column and does not manipulate at all. There is an abundance of documentary evidence in the form of signed statements from leading Osteopaths which clearly proves the variance between the methods, as does also the fact that Chiropractic has been recognized as a separate science by the legislatures of twenty states.

While Christian Science is purely spiritual, Chiropractic is both physical and mental. Any Christian Scientist as well as any Chiropractor, will at once disclaim any similarity of method.

It differs from suggestive therapeutics in that no suggestion is given and no attention is paid to the mental attitude of the patient, which may range anywhere from extreme skepticism to absolute faith.

While medicine has been variously defined, no theory or practice of medicine ever yet induced spinal adjustments. In fact you can easily find good medical authority to prove that the segments of the spine cannot be moved. A very unsuccessful attempt has been made to so define medicine as to include everything used for the cure, relief or alleviation of human suffering, from Christian Science to Optometry; but no definition has ever been made broad enough to include Chiropractic. Chiropractors do not give medicine of any kind under any circumstances. They want their science to be judged on its own merits.

ANNIE G. JEFFREY

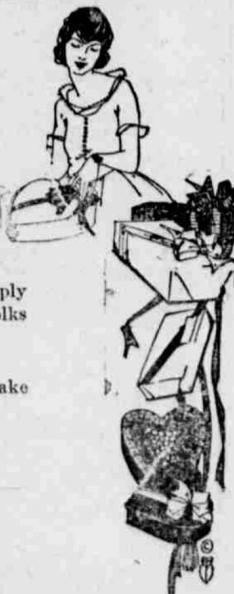
CHIROPRACTOR

Graduate Palmer School

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Easter Candies



You'll want to get a generous supply of Easter Candies for the Little Folks to eat on Easter.

We have everything you want to make the day a success for them.

**Candy Eggs,
Candy Chicks,
Candy Rabbits
and Baskets**

ICE CREAM

of all the popular flavors served at our Fountain at all times. As a special for Easter we will have—

SPECIAL BRICK OR BULK

Let Us Know in Time

Home Made Candies

You all know the purities of our Home Made Candies. It is our constant Watchword. We know that the chief charm of these Candies lies in the fact that you are **ABSOLUTELY SURE OF THEIR PURITY**

Alliance Candy Store

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